YOUR MOVE TERM 4 FORUM

20th November, 2018.

Please HOLD these thoughts:

BABY STEPS

WHATEVER YOU DO, DO WITH PASSION & ENTHUSIASM!

PLANNING EFFECTIVELY.

Planning effectively means being

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIME-BASED

Have short & long term goals. Scaling Mt Everest won’t happen unless you’ve conquered a few lesser slopes! (those BABY STEPS!) SPECIFIC

Your short term goals can ultimately lead to achieving your long term goal. So little chunks at a time & tick off! YES You can!

In other words, make your actions MEASURABLE, ACHIEVABLE & REALISTIC.

We use a number of tools to help us & REMIND us of WHAT we have ACHIEVED. YM has a simple Action Plan which this year we implemented.

 TIME-BASED.

Yes, in other words, SMART!

DO NOT be afraid to go back, re-visit & if needed re-write your goals. Call it a working document.

This is HOW our planning usually goes:

1. Very early on, check out a calendar to see when events are occurring

(eg NWS2SD in May)

1. Re-visit the previous year’s events/campaigns. Assess & decide which worked well & include in planning for the new year.
2. Set goals (short & long term)
3. Keep a Calendar of Events (month by month) so that what has been done is documented (ticked off!)
4. Set up a year’s overview chart term by term & slot in events, so that at a glance everything is there.
5. Use the YM Calendar Planner!

SETTING UP A STUDENT TEAM.

In our experience, a Student Team is THE way to go. Empower your students to become leaders of change. YM has excellent information on student teams for those of you just starting the journey. I hope that we can also help you on your way.

We have always found a small group the way to go, say no more than 6. That way everyone has a job to do with no one just coming along for the ride! Quite often work is in pairs, more often than not for moral support.

Depending on the activity or discussion, we have found different students will assume the leader role. Occasionally I have used the round table conference model where they are asked for their opinions. As your students grow in confidence, you will find this less of an ask & discussion will just flow with plenty of opinions & the reasons for those opinions! (one time we were split half & half on a decision, so I had to use my casting vote! Another lesson learnt!)

With the selection of your Team done, the next step is to let them brainstorm plans for the following year. I digress here to explain that our student Team is selected by the previous year’s Team & before the end of that year, both outgoing & incoming Teams have met & completed a handover & brainstorming together. At this handover, students from the outgoing Team read their TAGs (Tip, Advice, Good wish) to the incoming Team. Then onto the brainstorming (eg of setting out) These are collected at the end of the session. Here I pair an outgoing student with an incoming one.

At the start of the new year, re-visit the brainstorming from the previous year. HOW does it look? Can we DO what we wrote down? Need to change anything? Yes, make it SMART!

Once this discussion has been had, have the agreed upon plan prominently displayed so that it can be referred to whenever there is a need (& YES tick off)

We also have our month by month calendar onto which we write events/campaigns we have completed.

Besides that there is the term by term Events chart. So yes there are a lot of visual prompts, which help to guide & keep us on the right path.

For the last 5 years we have run our Warnbro Walker campaign which documents our Star AT classes. So a term chart for this assists us at a glance to see our Stars & how they are going (based on our weekly H-U data)

For organizational reasons, we also have an assembly roster so that all members of the Team share the presentation responsibilities. Again to assist confidence with speaking in front of the whole school, the YM Team Report is shared between 2 of the Team.

OTHER “STUFF”

MENTOR’S WORKING BACKPACK

FOLDER

PRESENTATION of YM shirts & badges at the beginning of the year.

PRESENTATION of YM Certificates at the end of the year in recognition of the development of leadership skills & the year’s efforts. We also present YM backpacks with YM goodies to each member of the Team, as a Thank You for their great efforts throughout the year.

Co-incidentally, we have found that our Teams consistently take out awards (Year 6s) or are selected for other leadership roles in the following year (Year 5s)

USEFUL WEBSITES

yourmove.org.au

sdera.wa.edu.au

walk.com.au

heartfoundation.org.au

Your local city council

 eg rockingham.wa.gov.au

westcycle.org.au